New Hampshire Department of Health and Human Services Zika Virus Resource Guide



HEALTHCARE PROVIDER RESOURCES

Clinical Diagnosis

Many people infected with Zika virus are asymptomatic. Characteristic clinical findings are acute onset of fever with maculopapular rash, arthralgia, or conjunctivitis. Other commonly reported symptoms include myalgia and headache. Clinical illness is usually mild with symptoms lasting for several days to a week. Severe disease requiring hospitalization is uncommon and case fatality is low. However, there have been cases of Guillain-Barré syndrome reported in patients following suspected Zika virus infection.

Zika virus infection during pregnancy is a cause of microcephaly and other severe fetal brain defects. Due to concerns of microcephaly caused by maternal Zika virus infection, fetuses and infants of women infected with Zika virus during pregnancy should be evaluated for possible congenital infection and neurologic abnormalities.

For more information on diagnosing Zika virus, consult the CDC Zika Virus website.

Zika virus disease is a nationally notifiable condition. Healthcare providers should report suspected Zika virus disease cases to their state, local, or territorial health department to facilitate diagnosis and mitigate risk of local transmission. State, local, and territorial health departments should report laboratory-confirmed and probable cases to CDC.

Who Should Be Tested for Zika

All pregnant women should be assessed for possible Zika virus exposure at each prenatal care visit. Possible exposure to Zika virus that warrants testing includes:

- Travel to an area with risk of Zika, or
- Sex (vaginal, anal, and oral sex) without a condom, or sharing sex toys with a person who traveled to or lives in an area with risk of Zika.

For more information on testing and diagnosis of Zika virus, visit the following CDC webpage: https://www.cdc.gov/zika/hc-providers/pregnant-women/testing-and-diagnosis.html

Pregnant women who have been exposed to Zika should be tested regardless of whether they have symptoms of Zika or not.

In addition, CDC recommends Zika virus testing for anyone who is not pregnant but who has been exposed to Zika **and** who also has Zika symptoms. This is particularly important for women who may become pregnant and for the sexual partners of women who are pregnant or who may become pregnant.

Not all patients will meet the criteria for Zika virus testing. Please continue to monitor the CDC website and clinical advisories for current testing guidelines.

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Laboratory testing for congenital Zika virus infection is recommended for infants born to mothers with laboratory evidence of Zika virus infection during pregnancy, and for infants who have abnormal clinical findings suggestive of congenital Zika virus syndrome and a maternal epidemiologic link suggesting possible transmission, regardless of maternal Zika virus test results. For more information on testing for congenital Zika in infants, visit the following webpage: https://www.cdc.gov/zika/hc-providers/test-specimens-at-time-of-birth.html.

Travel

Healthcare providers should continue to monitor the CDC website for the most current information about where Zika virus outbreaks are occurring, and advise pregnant women or couples planning on becoming pregnant to avoid travel to these areas. More information about counseling travelers to Zika-affected areas is available by clicking on the infographic to the right.



For an updated map of affected countries, visit the CDC's Traveler's Health page.



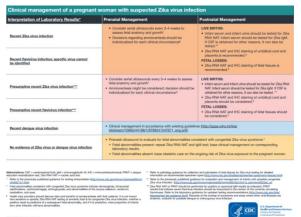
Zika and Pregnancy

CDC provides a number of clinical resources for the screening, testing, and clinical management of pregnant women with known or suspected Zika virus infection. The following links will access CDC PDF files for these tools.

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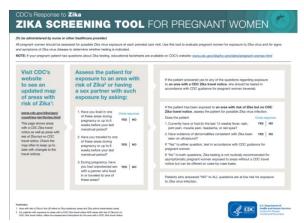


Testing Algorithm & <u>Clinical management of a</u> pregnant woman with suspected Zika



This Graphic links to the Clinical Management Link

Zika screening tool for pregnant women



This Graphic links to the Zika Screening Tool Link

Lab Tests in New Hampshire

Lab specimens should be sent to the New Hampshire Public Health Laboratories if you do not have an established relationship with a laboratory that performs these tests.

- New Hampshire Public Health Laboratories Contact page
- New Hampshire Lab Clinical Requisition Form

For assistance in determining clinical relevance or clinical response to test results, the CDC has developed interim guidance for lab results interpretation.

• CDC Interim Guidance for Interpretation of Zika Virus Test Results

More Resources from the CDC

For more clinician resources and materials for patients from the CDC, please <u>visit the CDC's Healthcare Providers webpage</u>.

CDC maintains a 24/7 Zika consultation service for health officials and healthcare providers caring for pregnant women. To contact the service, call 770-488-7100 and ask for the Zika Pregnancy Hotline or email ZIKAMCH@cdc.gov.